

DIRECTIONS: To St. Paul Lutheran Church

2001 Old Frederick Rd.
Catonsville, MD 21228

From Route 29: Take US-40 towards Ellicott City
Continue 4 miles to Rolling Road.
Turn RIGHT (South) onto N Rolling Rd
Turn RIGHT (West) onto Old Frederick Rd

From I-695 (Baltimore Beltway): Take exit 15B, onto US-40 [Baltimore National Pike] towards US-40 / Ellicott City.
Turn LEFT (South) onto N Rolling Rd
Turn RIGHT (West) onto Old Frederick Rd

COURSE DESCRIPTIONS: There is one event for each walk: 10km with a 2km extension into Spring Grove Hospital and a shorter 6km option. The trail for each is mostly on sidewalks and road shoulders in quiet residential neighborhoods. and converted Rail and Trolley Trails. Wheelchairs and strollers should not have difficulty except on the 2km extension of the 10km trail.

SPECIAL PROGRAMS: United States Post Offices

SPONSORED BY: The Columbia Volksmarch Club (AVA 264).

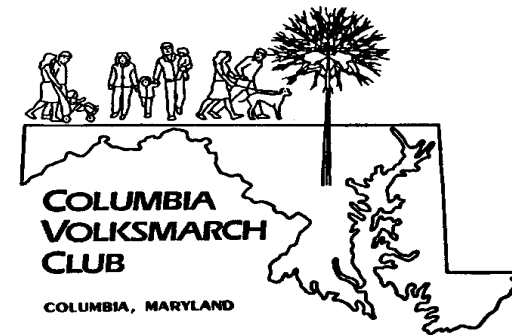


A proud member of the
**MARYLAND VOLKSSPORT
ASSOCIATION**

SANCTIONED BY: The American Volkssport Association (AVA), a member of the International Federation of Popular Sports (IVV), promoting leisure sports in the interest of family health, recreation, fun and companionship.

PARTICIPATION FEES:

- The participation fee for IVV Credit Only is \$3. (maximum \$10 for families with minor children living together).
- *There is no fee to walk the trail without receiving the IVV credit.*



**AVA-264
Presents a Saturday
Spring Walk to Spring Grove
St. Paul Lutheran Church
Catonsville**

Baltimore County, Maryland

April 8, 2017

**AT2017/107417 ; 6km, 10km, 12km
Trail Rated 2A**

These non-competitive walking events are open to all.
Start anytime from 8:00 a.m. to 11:00 a.m.; finish by 2:00 p.m.

INFORMATION: call (410) 290-6510 or
e-mail johndye@comcast.net
CVC Web Page: <http://www.mdvolks.org/CVC/>

DISCLAIMER: Neither the Columbia Volksmarch Club nor St. Paul Lutheran Church shall be liable for accidents, theft, or material damage. Every reasonable effort will be made to make these safe, enjoyable, and memorable events.

